

# SAFE PREGNANCY EMPOWERED CARE TIMELINE

## MID PREGNANCY IMPLEMENTATION

- Discuss and open the dialogue on **Sleep, Movements** & the importance of **intuition**
- Take women through SAFE Pregnancy brochure and magnet
  - **Say:** "Did you know your baby can communicate with you through it's movements? Get to know who your baby is so together we can know how your baby is. Spend time daily learning your baby's personality (is baby a morning person, does baby like to hear your voice). Find your baby's **routine, strength and frequency of movement** and you will find what's normal for your baby's movements. We are a team, you, your baby and I. I need to know if anything feels different or if you feel uneasy in anyway."
  - **Say:** "It's important to start to settle to sleep on your side. This helps oxygen flow to you and your baby's placenta. Don't worry if you wake up on your back just settle back to sleep on your side"
  - **Discuss why:** "Monitoring movements and sleeping on your side in pregnancy are best practice to keep your baby safe and help prevent a stillbirth from happening to you."
- **Explain:** "**Early movements** may feel like a flutter or a tickle, only mum can feel these. As baby gets bigger, so do the **mid pregnancy movements**. After about 20 weeks baby is gradually getting stronger and you will feel kicks and punches, other people will be able to feel this too. Regularity of **movements in late pregnancy** shouldn't change. As your due date draws near baby won't slow down or run out of space but you might feel different types of movement such as rolling and strong sweeping movements. You may even see a hand or foot. Anything feels different to normal, as your clinician, I need to know, straight away"
  - **Ask & Listen:** Do you have any questions? How are you feeling?
- **Place sticker on the rear of the handheld record or your clinics own pregnancy folder for mothers**

## FIRST APPOINTMENT ACTIVATION

- Start the conversation
- Give women SAFE Pregnancy brochure and magnet
- **Say:** "This is important information take the time to read it. Suggest woman put the magnet on her fridge. **You, your baby and I are a team and we will work together in your pregnancy.** So if anything feels different or you have any questions I need to know, trust your instincts and don't be afraid to call 24/7."



## LATE PREGNANCY MONITORING

- **Ask:** Tell me about your baby's movements? Have you noticed any change in your baby's movements?
- **Anytime** a women presents, follow the relevant clinical guidelines and if you feel all is OK to send away **ALWAYS ask** "How do you and baby feel? Do you feel comfortable leaving? Has everything returned to your normal?" **ALWAYS say** "Remember if something feels different or you feel uneasy, you can come back at anytime, even if its today"

## ENCOURAGE CONTACT

- Do:** Ask women to come in & get checked. No concern is silly.
- Don't** assume anxiety

## ASK OPEN QUESTIONS

- Do:** Say, tell me about your baby's movements
- Don't** say, is your baby moving?

## ALWAYS CHECK AFTER CONCERN

- Do:** Ask, does she feel baby's movements are back to normal?
- Don't** assume all has returned to normal

## REITERATE

- Do:** Remind women they are not wasting time. If concerned come in.
- Don't** assume a woman knows she can call 24/7

## INFORM

- Do:** Explain how every baby is different. Any change in what's normal for you, come in
- Don't** assume a women knows to present

## ADVISE & EMPOWER

- Do:** Explain why? Discuss how she can get to know who baby is
- Don't** forget to explain that movements matter

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